

	Seminar	Description	Date/Time	Access
	Live Web Cast Seminars			
	Live Web Cast Seminars	Each month, WorkLife4You offers live web-based seminars on topics ranging from Child Care to Adult Care to Budgeting Basics and College Financial Aid Options....and more!	Several Dates and Times are offered each month	To see the list of available seminars, click on the “Live Web Casts” link, and enter your screen name and password. New users enter company code DVA when prompted.
	Pre-Recorded Web Cast Seminars			
	Overview of The Adoption Process	This seminar provides potential adoptive parents with the information they need to navigate the adoption process.	Available 24/7 on www. worklife4you.com	To view this seminar, click on the seminar title. New users enter company code DVA when prompted.
	Prenatal Planning: Preparing For Upcoming Changes	For those planning to start a family, this seminar provides tips to help them prepare.	Available 24/7 on www. worklife4you.com	To view this seminar, click on the seminar title. New users enter company code DVA when prompted.
	Child Care Options	This seminar provides parents with the basic information they need to know before they begin their search for quality child care.	Available 24/7 on www. worklife4you.com	To view this seminar, click on the seminar title. New users enter company code DVA when prompted.
	Reducing Child Care Costs	This seminar uncovers employer-sponsored assistance programs, federal tax credits and other helpful money-saving tips for reducing child care costs.	Available 24/7 on www. worklife4you.com	To view this seminar, click on the seminar title. New users enter company code DVA when prompted.
	Before- And After-School Care	This seminar provides parents with information on how to carefully find, evaluate and select appropriate before- and after-school care for their child.	Available 24/7 on www. worklife4you.com	To view this seminar, click on the seminar title. New users enter company code DVA when prompted.
	Positive Parenting	The purpose of this seminar is to give parents some ideas and general information on how to become active in their child's life.	Available 24/7 on www. worklife4you.com	To view this seminar, click on the seminar title. New users enter company code DVA when prompted.
	Protecting Your Child	Most parents realize the importance of discussing safety with their children, yet many don't know where to begin. This seminar offers tips on preventive measures to help you protect your child from abduction and abuse.	Available 24/7 on www. worklife4you.com	To view this seminar, click on the seminar title. New users enter company code DVA when prompted.
	Encouraging Good Homework and Study Habits	This seminar will provide you helpful tips to promote good study habits, communicate with your child's teacher, help your child build study skills in key subject areas and teach your child that learning is a lifelong activity.	Available 24/7 on www. worklife4you.com	To view this seminar, click on the seminar title. New users enter company code DVA when prompted.
	Adult Care Overview	This workshop focuses on providing basic education about the array of available resources and services. It also provides information on the process for identifying needs and resources, and an opportunity for discussion about what it's like to have an elderly or adult loved one who is no longer as capable or independent as before.	Available 24/7 on www. worklife4you.com	To view this seminar, click on the seminar title. New users enter company code DVA when prompted.
	Communicating With Your Older Loved One	This seminar will give you some useful tips and ideas on how to communicate with your older loved one about important decisions like health, housing, finances and legal issues.	Available 24/7 on www. worklife4you.com	To view this seminar, click on the seminar title. New users enter company code DVA when prompted.
	Exploring Housing Alternatives For Seniors	This seminar will help individuals better understand adult care options, nursing home selection, and the caregiving decision process. Plus, it offers helpful tips for communicating with an older loved one about his or her housing and care needs.	Available 24/7 on www. worklife4you.com	To view this seminar, click on the seminar title. New users enter company code DVA when prompted.
	Preparing For and Applying To College	This seminar introduces key information on preparing a child for college and gives a general overview of the admissions process.	Available 24/7 on www. worklife4you.com	To view this seminar, click on the seminar title. New users enter company code DVA when prompted.
	Pursuing A Graduate Or Continuing Education Program	This seminar can help employees find, evaluate and apply to the educational program that best fits their academic and career goals, as well as provide tips for managing family, work and academics.	Available 24/7 on www. worklife4you.com	To view this seminar, click on the seminar title. New users enter company code DVA when prompted.
	College Financial Planning	This seminar will cover some of those basic strategies—both short-term and long-term—as well as provide an overview of savings and investment vehicles and other college funding sources.	Available 24/7 on www. worklife4you.com	To view this seminar, click on the seminar title. New users enter company code DVA when prompted.
	Managing Work and Personal Life	This seminar provides strategies for all employees on how to better manage work and personal responsibilities.	Available 24/7 on www. worklife4you.com	To view this seminar, click on the seminar title. New users enter company code DVA when prompted.
	Budgeting Basics	This seminar can help employees learn how to better manage their money. <i>Note</i> —This seminar does not provide specific financial or investment advice; rather, it is designed to provide an overview of basic strategies and vehicles only.	Available 24/7 on www. worklife4you.com	To view this seminar, click on the seminar title. New users enter company code DVA when prompted.
	Retirement and Estate Planning	This seminar provides employees with strategies and tips on creating a successful retirement and estate plan.	Available 24/7 on www. worklife4you.com	To view this seminar, click on the seminar title. New users enter company code DVA when prompted.
	Strategies For Healthy Meal Planning	This seminar provides tips for healthy meal planning when time is short. Topics covered will include: the benefits of good nutrition; components of a healthy meal; strategies for meal planning; and helpful resources for creating quick, easy menus.	Available 24/7 on www. worklife4you.com	To view this seminar, click on the seminar title. New users enter company code DVA when prompted.
	Beating The Holiday Blues	This workshop is about how to manage the stress and maximize your enjoyment of the holiday season.	Available 24/7 on www. worklife4you.com	To view this seminar, click on the seminar title. New users enter company code DVA when prompted.
	Stress Management Overview	This seminar covers common causes of stress and successful strategies for managing stress when it occurs.	Available 24/7 on www. worklife4you.com	To view this seminar, click on the seminar title. New users enter company code DVA when prompted.